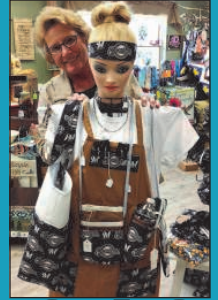


Among Friends



Fond du Lac Senior Center ...*where friends meet!*

MAY 2016

Proudly serving the seniors in the Fond du Lac community for almost 50 years!

BRAT FRY

Friday, Saturday & Sunday - April 29, 30, May 1

Friday & Saturday - May 6, 7

Friday, Saturday & Sunday - May 13, 14, 15

10 a.m.—6 p.m.

Fond du Lac Piggly Wiggly

131 University Drive



Enjoy a brat or burger at the Senior Center brat fry benefiting the Friends of the Fond du Lac Senior Center. The sponsoring groups listed below will donate ALL proceeds to the Friends organization to support the operation of the Senior Center. Special thanks to all of the volunteers who make this fundraiser possible. We couldn't do it without you! What a great group of people!

Where: Fond du Lac Piggly Wiggly, 10 a.m.—6 p.m.



Brat Fry Sponsors:

Friday, April 29: Senior Center Pool League

Saturday, April 30: Caring Companions

Sunday, May 1: Senior Outreach Program

Friday, May 6: Brown Paper Packages Gift Shop

Saturday, May 7: Happy Travelers

Friday, May 13: Senior Wellness Coalition

Saturday, May 14: Senior Center Book Club

Sunday, May 15: Senior Center SCAMP Band



A Free Monthly Publication
Vol. 7 • No. 5

What's Inside

Cathy's Corner.....	2
Rummage Sale.....	3
Programs & Activities	4, 5, 6, 7
Health & Wellness.....	8
Movie	9
Health & Wellness	10, 11
May Calendar	12, 13
MPTC Classes.....	14
Art & Recreation	15
Memorial Day	16
Brown Paper Packages	17
Programs & Activities	18
Services	19
Happy Travelers	20, 21
Announcements	12
Membership Application	23



Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone..... (920)322-3630

Email..... cloomans@fdl.wi.gov

Hours..... M-F 8:00 a.m.- 4:30 p.m.

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities.

Friends bylaws available at the Center. Visit us online at www.fdlseiorcenter.com

Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about the Center.



I had an interesting conversation with my daughter when she was home for spring break a couple of weeks ago. She is a full time student and also works part time to pay her living expenses. She works at a bakery, the old fashioned kind that is in its own building and has glass cases of sweet treats and shelves of fresh bread and rolls that they bag up for you when you pick out the one you want. It's the kind of place that smells wonderful the minute you open your car door when you park outside.



We were talking about customers and she said that she gets so frustrated when the customers of the bakery make comments about her generation. That particular week, one customer said something to the effect of "your generation probably can't even add this up without the computer". My daughter said she just smiled and finished the transaction – even though she was tempted to mention that she had gotten an "A" in her Business Calculus class last semester. Her question to me was, "Why do older people always think that our generation is so bad?"

I am not convinced that one generation thinks another one is "bad". I'm sure that each generation has seen changes that made them think that the next generation was going downhill. Whether it was Woodstock, the Beatles, Punk Rock, fast food, "short shorts", or smart phones, I imagine that for some people it's hard to watch the evolution of our country.

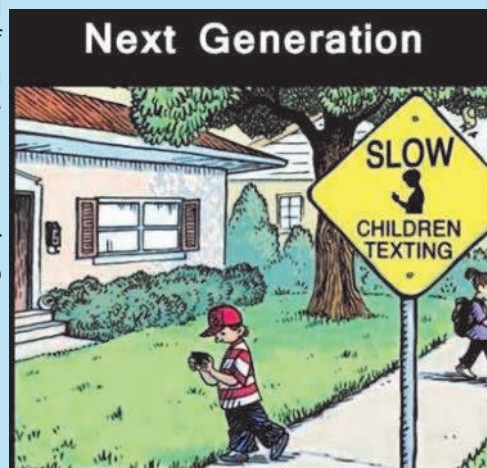
What is interesting to me is that the younger generation also sees things that they have trouble understanding. Take littering, for example. My daughter doesn't understand why people throw garbage on the ground or don't recycle things. "Her generation" has been brought up differently – recycling has always been a part of their life so it's hard for them to understand why other generations haven't adapted.

Part of what I enjoy about spending time with people, both younger and older, is learning about their experiences, thoughts, perspectives and concerns. It's what makes me love my job so much! Our Center is filled with multiple generations of people with an incredible wealth of knowledge, talent, passion, compassion and LIFE! And I really believe that all of the generations have more in common than they have differences.

I saw this cartoon and thought you may appreciate it – just another way that life is changing. Hope to see you soon!

Cathy

Next Generation



Spring Cleaning Sale and Brat Fry!

at the Fond du Lac Senior Center

151 E. First Street

Saturday, May 21; 9:00 a.m.—2:00 p.m.



- Miscellaneous Retail Display Pieces
- Miscellaneous Hardware and Shelving
- Entertainment Center and TV



- Cash Register
- Wicker Baskets
- Greeting Cards
- Craft Supplies
- Craft Items
- Paper Towel Dispensers
- And More!

Newsletter Crew

Editor..... Cathy Loomans
Coordinator.....Joan Brezinsky
Mail Crew.....Katie Fischer and
20+ volunteers!

Newsletter Deadline

The deadline to submit something for the June *Among Friends* newsletter is Wednesday, May 4, 2016. Please submit information to Joan Brezinsky.

Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings from 9:10–9:25 a.m. for the Senior Center update.

Cathy Loomans, Senior Center Director, is the guest of Wade Bates on his *Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.

Sponsored by Smith & Hatch Insurance.



Taste How Much We Care.™

5% Senior Discount

3 Great Fond du Lac Locations to Serve You

969 E. Johnson St.
(next to Festival Foods)

W6606 Hwy 23W
(across from Menards)

81 W. Pioneer Rd
(next to Pick 'N Save South)



Harbor Haven
Health & Rehabilitation

- Short-term Rehab Services
- Medicare Certified
- Alzheimer's Care
- Hospice Care
- Long-term Skilled Nursing Care

459 E. First Street, Fond du Lac • 920-906-4785

Serving the Community for Nearly 40 Years!



Hearing Evaluations • Hearing Aids & Batteries • Assistive Listening Devices

We welcome all patients of Greg Wiersema & Audiology Center of Fond du Lac



Call (920) 332-4146 Now
For Your Appointment

Many Models Available!

www.fonddulachearingaids.com

481 E. Division Street, Suite 900 • Fond du Lac

PROTECTING SENIORS NATIONWIDE



\$19.95*/Mo. + 1 FREE MONTH

- No Long-Term Contracts
- Price Guarantee
- American Made

TOLL FREE:
1-877-801-7772

*First Three Months

**HOLIDAY
SPECIAL**



ROSE Bertram, LLC
The Fond du Lac Area
Retirement Planning & Investment Resource

Call now for a
complimentary consultation
920-922-9720

Securities and Advisory Services offered through Woodbury
Financial Services, Inc. Member FINRA, SIPC
Rose Bertram, LLC and Woodbury Financial Services, Inc.
are not affiliated entities.

Knights of Columbus Hall
OPEN TO THE PUBLIC

- Friday Fish Fry
- Wedding Receptions
- Banquets & Dinner Meetings

795 Fond du Lac Avenue

Phone (920) 921-1290
Web www.kchallfdl.com

Your Ad Here

**SUPPORT OUR COMMUNITY
THROUGH LOCAL ADVERTISING**

Contact Tom Schmanski to place an ad today!
TSchmanski@4LPi.com or (800) 950-9952 x2537

487-3435

487-9929

Your Caring Community features ...

Advanced health care
Multiple living options
True community

Experience
true community today.

Call (920) 921-9520
to meet with our team.

LHHS
Lutheran Homes & Health Services
Living long. Living well.

www.lutheranhomesfonddulac.org

Programs & Activities

Upcoming Umbrella Brigade Performance



The Red Hatter's Umbrella Brigade will be spreading a little sunshine on:

- Wednesday, May 4; 2:00 p.m. at All About Life

These ladies and their performance will make you smile!



Artist of the Month

May: Julia Huberty

An "Artist of the Month" is being featured in the east lobby at the Senior Center. One artist a month displays a work of art, along with an artist statement and bio. Check out the talented artists we have here!

Mark your calendars for these upcoming crops.

SCRAPBOOK CROPS

Saturday, July 23; 9 a.m.—9 p.m.

Saturday, October 29; 9 a.m.—9 p.m.



For details on these upcoming scrapbook crops or to register, call Kim Wagner at 920-517-1108.



Come to the Senior Center and take the AARP Driver Safety class.

- Refresh your driving skills and know the new rules of the road.
- Learn about normal age-related physical changes and how to adjust your driving to allow for these changes.
- Learn research-based driving strategies to help you stay safe behind the wheel. Reduce traffic violations, crashes, and chances for injury.
- Classroom only, no driving involved.
- No tests to pass.

Fond du Lac Senior Center

Tuesday, May 17

8:00 a.m. registration

8:15 a.m.—12:15 p.m. class

\$15 for AARP members (bring your card)

\$20 for non-members

To register for this class, call the Senior Center at 322-3630 by Tuesday, May 10.

Need help with your smartphone, Kindle, tablet, etc.?

Come to

TECH TYME!

Thursdays, 1:00—3:00 p.m. (last date is May 26 until fall)



Moraine Park Technical College IT Club members are volunteering their time to provide 1-on-1 technology support at the Senior Center. If you have questions on how to use your smartphone, Kindle, tablet, etc., stop in anytime between 1-3 p.m. on Thursdays thru May 26. The students hope to continue this service in the fall.

Game Day Informational Meeting

Tuesday, May 17; 1:00 p.m.

Interested in playing bUNCO, cribbage, Phase 10, Uno, or other games? The Center is exploring the possibility of having a game day where people could stop in and play a variety of games. If you'd be interested in attending a game day at

the Center, please come to this informational meeting on Tuesday May 17.



When I'm 65

Thursday, May 19; 1:00 p.m.

**Julie Hilbert, Benefit Specialist,
FDL County Dept. of Senior Services**

Are you nearing the age of retirement and wondering what impact turning 65 will have on you? Learn the various parts of Social Security and Medicare, what choices you need to make when you become eligible, and what the timelines are for those choices. This program is not just for those turning 65—but for anyone who has benefit concerns and questions.



To register, call the Senior Center at 322-3630.

SAVE THE DATE!

ALL SENIORS WELCOME!

SENIOR SUMMER GAMES & PICNIC

Sponsored by the Senior Wellness Coalition

**Wednesday—July 13
9 a.m. to 2 p.m.
Taylor Park**

Get out and enjoy the summer weather!

JOIN US for the 5th annual Senior Summer Games & Picnic. There are a variety of activities—which will be detailed in the June newsletter.

THE EVENT STARTS WITH A LEISURELY
WALK AROUND THE PARK
(OPTIONAL, OF COURSE!)

**YARD GAMES, CARD GAMES
BINGO & MORE!**

PICNIC LUNCH

**WE'LL END THE AFTERNOON WITH
MUSICAL ENTERTAINMENT**

Rain Date: Friday, July 15

Pre-registration is needed in order to attend.

**Price and more details coming in
June's newsletter.**

Deadline to register: Thursday, June 30

AARP Annual Summer Picnic

Thursday, June 9

4:30 p.m. Social, 5:00 p.m. Luncheon

*Followed by musical entertainment by
the Rascals.*



NEW LOCATION:

**Fond du Lac Senior
Center**
151 E. First Street
Fond du Lac

Menu:

Catered by Entrees on Trays

Hot Ham & Shredded Turkey Sandwiches,
Baked Beans, Potato Salad, Fruit Fluff, Brownie
and Beverage

Cost \$11 per person

Make check payable to: AARP Chapter 614

Fill out the registration form below and drop off with
payment at the FDL Senior Center, 151 E. First St.,
or mail to Charlotte Nelson, 377 Walker Street,
Fond du Lac, WI 54935

Deadline to register: Friday, June 3

Door Prizes—Raffle—Great Food—Entertainment

All are Welcome!

This event is sponsored by AARP Chapter 614

YES! I (We) will be attending the AARP Picnic!

Name(s) _____

Address _____

Phone _____ Amount Enclosed _____



Programs & Activities

Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

1st Tuesday: FDL Lutheran Home

2nd Tuesday (even months): Harbor Haven

2nd Tuesday (odd months): Manor Care

3rd Tuesday (odd months): ResCare HomeCare

3rd Tuesday (even months): Generations

4th Tuesday (odd months): Hospice Advantage

4th Tuesday (even months): Lincoln House

5th Tuesday: TBA

BOOK CLUB

3rd Monday at 9:30 a.m.

May 16 *Defending Jacob*
by William Landey

Book synopses available at front desk.

BRIDGE

\$1 donation

Tuesdays: 12:30 p.m.

For information or to play, call Johanna O'Brien at 251-3759.

Thursdays: 10:00 Beginners

(subs needed)

Thursdays: 12:30 p.m. Advanced

For information or to play, call Judy Rupp at 920-477-3021.

CANASTA

1st, 3rd & 5th Wednesdays at 12:00 p.m.

CHORUS

Red Hat Honeys

Fridays at 10:00 a.m.

CLOWN TROUP

1st & 4th Wednesdays at 11:00 a.m.

COIN CLUB

2nd Tuesday at 6:00 p.m.

DOMINOES

Fridays at 1:00 p.m.

DANCES

\$4.00 donation

Wednesdays at 7:30–9:30 p.m.

Call MaryAnn at 920-960-5850 for info.

EUCHRE

Mondays at 1:00 p.m.

GERMAN CLUB

Mondays at 1:00 p.m.

HAND & FOOT (Card Game)

Wednesdays at Noon

HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00 a.m.

MODEL RAILROAD HOBBYISTS

2nd Sunday at 6:00 p.m.

POKER

Mondays at 1:00 p.m.

POOL

Open Pool daily

Leagues

8-Ball Tuesdays (starting in September)

9-Ball Wednesdays. (starting in September)

QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for information.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for information.

RED HAT HONEYS

Various activities include Chorus, Good Deed Gals, Umbrella Brigade, and more. The cost is \$5 annual dues; a free newsletter telling of chapter activities is available at the front desk for anyone to pick up. Just ask for it!

ROMEOS

All men are welcome to join the "Retired Old Men Eating Out" for lunch... You don't have to be retired (or old) to join in on the camaraderie and fun!

Thursday, May 5: Rolling Meadows
Call the Center to pre-register!

SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

Char-tastic Crafters

1st & 3rd Thursday from 6–8 p.m.

SHEEPSHEAD

\$1.50

Mondays at 1:15 p.m.

Jack of Diamonds

Wednesdays and Fridays at 1:15 p.m.

Black Queens

RECREATIONAL SHEEPSHEAD

Wednesdays at 1 p.m.

SKAT

Tuesdays at 8:00 a.m.

STAMP CLUB

3rd Wednesdays at 7:00 p.m.

(except March, July and December)

STITCHERY

Tuesdays at 1 p.m.

SUPPER CLUB

Dutch Treat. Everyone welcome!

You MUST call the Senior Center if attending.

Saturday, May 21

Bublitz's Restaurant

Social: 5:00 p.m.; Dinner: 5:30 p.m.

TOPS (Take Off Pounds Sensibly)

Chapter #0566

Thursdays at 6:00 p.m.

Wii BOWLING

Open Bowling by request—call to reserve day

Fridays at 12:30 and 1:45 p.m.

League Play (September–April)

Subs also needed for league play

WINNEBAGO WOODWORKERS

2nd Tuesday from 6:00–8:00 p.m.

General meeting held at the FDL Senior Center

Other Tuesdays from 6:00–8:00 p.m.

Workshop meetings at Horace Mann High School, North Fond du Lac.

Call Dave Jackson at 923-5233 for more info.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Fridays at 1:00 p.m.

The Memories Writers meet to share and preserve life experiences and family history. New members welcome!

Programs & Activities

7

Hot Weather Health Awareness

*Presented by Joyce Mann,
FDL County Public Health Nurse*

Friday, May 27

9:00—10:00 a.m.

Heat can kill. High temperatures are responsible for far more weather-related deaths than floods, tornados, and severe storms combined. Learn the signs and symptoms on heat related illness, who's at risk and how to stay safe this summer.



Disaster Readiness

Thursday, May 19

3:00 p.m.

*Presented by: Tom Powell,
American Red Cross*



Do you know what to do in case on an emergency? Do you and your family have a plan? Everyone knows the Red Cross helps out in emergencies, but did you know it's also part of their mission to help you prepare for emergencies? Tom Powell from the American Red Cross will give a presentation on what to do in the event of a house fire, tornado, gas leak, etc. There are simple steps you can take in advance to ensure you weather a crisis safely and comfortably. Please call 322-3630 to register.

Wisconsin's Endangered Species

Friday, June 10

1:00 p.m.



From the Gray Wolf to the Karner Blue Butterfly, discover which endangered species call Wisconsin home. Trina Soyk and Reena Bowman, Fish and Wildlife Biologists with the U.S. Fish and Wildlife Service Division of Ecological

Services, will be here on Friday, June 10 to talk about endangered species in Wisconsin. Learn about the role the U.S. Fish and Wildlife Service plays in protecting endangered species and more about the species that are in need of protection.



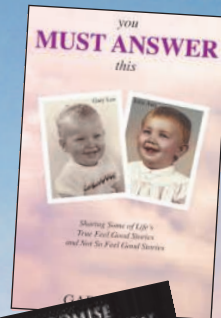
To register for this free presentation, call 322-3630.

Inspiring Hope In the Face of Life-Altering Circumstance

Presented by author Gary Beyer

Friday, May 20 at 1:00 p.m.

Come hear Oshkosh author Gary Beyer, and his wife and caregiver Julie's, inspirational and hope-filled presentation on Friday, May 20 at 1:00 p.m. They will be available for comments, questions and book signings afterwards. Gary was diagnosed with an incurable and currently untreatable rare form of a muscle disease known as Inclusion Body Myositis (IBM) in January 2008. His condition is progressively debilitating and seemingly invisible to most others, but they each remain positively-focused and genuinely encouraged. His two books are entitled "You Must Answer This" and the recently released, "I Promise I'll Pay Attention."



RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER
OF THE RED HAT SOCIETY

The Senior Center chapter of the Red Hat Honeys is open to all ladies 50 and older. Annual membership dues are \$5, plus your Friends membership.

UNO GAME DAY at the Center

Friday, May 13; 1:00—3:00 p.m.

Come play Uno—the fun card game. Cash prizes and drawing for gifts. Snacks provided; bring your own beverage. Cost: \$2.00

Registration deadline: Friday, May 6.

LUNCH by the LAKE

Tuesday, June 7; 11:30 a.m.—3:00 p.m.

TJ's Harbor Restaurant (7098 US-45 North)

Order off the menu—copy in the Red Hat binder.
Registration deadline: Friday, June 3.



1st time
offered in
Wisconsin!

Live Better with the Aging Mastery Program!

Baby boomers and older adults ages 55+ are invited to attend Aging Mastery Program's (AMP) fun, engaging classes. During the 10-week course you'll track yourself to earn incentives and rewards. As part of AMP, you'll make and maintain small but important changes in aspects of three key parts of your life: physical health, financial health, and life enrichment.

Attendees of the first course will receive a \$75 scholarship, bringing the \$100 per person cost down to \$25. Call 322-3630 to register. Space is limited to 30 participants.

Dementia Care Training

Friday, June 24; 1:00 p.m.

Presenter: Jen Thompson

*Dementia Generalist for Community Members,
Waterford of Oshkosh*



The Waterford at Oshkosh will be at the FDL Senior Center offering dementia care training to community members that want to learn more about dementia and/or how to interact with people with dementia.

This training provides information defining dementia, Wisconsin facts and figures, the effects of dementia, ways to change our perceptions and tips for interacting with people living with Dementia. The presentation is intended not only for family and friends of those living with dementia, but also health care providers and crisis response team members. There will be time for a brief question and answer session following the training.

To register for this educational presentation, call the senior center at 322-3630.

Introducing . . .

Memory Café

The first Friday of each month

Friday, June 3; 9:00 a.m.

Friday, July 1; 9:00 a.m.



What is a Memory Café?

A Memory Café is a social gathering place for persons with memory loss, mild cognitive impairment, early Alzheimer's, or other dementia and their family, friends, care companions can come together in a safe, supportive environment.

Cafés meet once a month in a relaxed environment to visit, share common interests, and enjoy refreshments. Each monthly cafe is unique and offers a program or activity that's stimulating and fun. Activities will be chosen by participants, depending on interests.

Memory Cafés reduce isolation and unite people facing similar challenges. Getting together regularly with a group of friends brings joy and a sense of normalcy to a life that is often focused on disability. In addition, memory cafés can be a much-needed break from normal routines, a source of information, and a way to build a support network.

No registration necessary, just stop in!



"The Monuments Men"

Thursday, May 12 and Thursday, May 26

11:45 a.m. Lunch (optional); 12:30 p.m. Movie

May 12 Menu: Glazed ham, sweet potato bake, coleslaw, applesauce, ice cream cup, dinner roll.

May 26 Menu: Chicken, broccoli & rice casserole, tossed salad, butterscotch pudding, apple slices, dinner roll.

2014 movie; 1 hr 58 mins; PG-13; Starring: George Clooney, Matt Damon, Bill Murray and John Goodman

During World War II, Frank Stokes learns that Hitler is stealing all of the great works of art for his personal museum. So with permission from Roosevelt, Stokes recruits 6 men who are each art experts and they go to Europe under the guise of being soldiers to find out where the art that was taken is. And when some of them die while trying to do it; it becomes personal for the rest to finish what they started. And things get dire when the Germans are ordered to burn the art if they lose the war. And the Russians are also out to get the art for themselves.

Register for lunch and movie separately. Call Senior Services at 929-3937 before 1 p.m. on the day before the lunch will be served. Call the Senior Center at 322-3630 to register for the movie. The movie is free and open to the public. Free popcorn and refreshments will be served. **If you register to attend but are unable to come, please call to let us know.**

Thanks to Moraine Park Technical College for sponsoring movies at the Senior Center and Family Video, 32 E. Johnson Street, for generously allowing the Senior Center free movie rentals.

Southlake and Ashbury Senior Living

~Heat and Water is Included~

~Ask about our Specials~

Call **(920) 948-3313**



Professionally managed by Premier Real Estate

Kurki-Mach

Funeral Chapel & Crematory



920-921-4420

www.kurkimachfuneralchapel.com

Don Kurki, Funeral Director

HARV'S PAINTING

Commercial • Residential
Interior • Exterior

Bams • Metal Homes
Wallpapering • Vamishing
Staining • Woodgraining

High Lift Service • Insured • Free Estimates

HARV SCHAUB

(920) 324-5718 cell (920) 948-3818



Christopher S. McFarlane DDS
Mark J. Ridenour DDS

Services provided:

Dental Implants
Wisdom Tooth Removal
IV Sedation • Tooth Removal

NEW PATIENTS WELCOME

155 N. Rolling Meadows Drive
Fond du Lac, WI 54937

(920) 921-5001

www.omswinnebago.com

HELP PROTECT YOUR FAMILY

CALL NOW!
1-888-891-6806



HOME SECURITY TEAM

COMING SOON

the Meadows
of Fond du Lac

ASSISTED LIVING
LIKE YOU'VE NEVER
SEEN IT BEFORE



For more information, contact:

Diann Roberts, Program Director
(920) 933-8090 | www.themeadowsfld.com

Residential Services, Inc.

Affordable housing for older adults

WE PROVIDE:

- 24-hour supervision • Caring & trained staff
- Community & home activities • Family-oriented home setting
- Home-cooked meals • And more...

LINCOLN HOUSE: 342 Forest Ave. • **FRANKLIN HOUSE:** 349 W. 11th St.

call 922-7072

Serving the people of Fond du Lac for over 38 years

Your Ad Here

SUPPORT OUR COMMUNITY THROUGH LOCAL ADVERTISING

Contact Tom Schmanski to place an ad today!
TSchmanski@4LPi.com or (800) 950-9952 x2537

WEBER INSURANCE
487-3435

KNIGHTS OF COLUMBUS
487-9929

JH CONTROLS

Integrity (in teg'rate) n. the quality of being of sound moral principle; honesty, sincerity.
www.jhcontrols.com

PERFORMANCE • INTEGRITY



For ad info. call Tom Schmanski at 1-800-950-9952 • www.4lpi.com

Friends of Fond du Lac Senior Center B 4C 01-1122

Tai Chi Classes

Tai Chi has value in treating or preventing many health problems. This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life!



- **Tuesday mornings 9:00-10:00 a.m.**

Next session: May 31—July 19 \$45

Participants must be able to walk without aid and should wear loose, comfortable clothing and tennis shoes. No partial sessions or refunds.

For more information, call 322-3630.

Bike Rides

Join us the 2nd Tuesday of the month April—October at 10 a.m.

May's bike ride will be Tuesday, May 10 at 10:00 a.m. Meet at the Rolling Meadows rest stop. If you drive there, parking is available. The meeting place is about 1/4 mile south of Rolling Meadows Golf Course on Rolling Meadows Drive. We'll ride along the Wild Goose Trail to Oakfield. This trip is about 12 miles and is not a paved trail. Please call 322-3630 to register. 50¢ donation. Bring money for lunch. Cancellations on ride day call Larry at 960-9100. Rain date May 17.



CHAIR EXERCISE CLASSES

Men and women welcome!

LOW IMPACT CHAIR EXERCISE

With Sarah Olson

Mondays 9:00—9:30 a.m.

CHAIR EXERCISE VIDEO

Wednesdays 9:45—10:15 a.m.



OTHER EXERCISE

Hikers

Tuesday & Thursday 10 a.m.

Line Dancing

Thursdays 6—7:30 p.m.

\$10/ 4 weeks

Beginning Line Dancing

Saturdays 10:00—11:30 a.m.; \$7.50/ 3 weeks

Water Exercise

Daily 8 a.m. at the Aquatic Center,

\$3.75 per session or \$60 for a 20x punch card.



HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by: Heartland Hospice

Friday, May 13; 9—10 a.m. *2nd Friday of the month*

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by: Lutheran Homes & Health Services

Friday, May 13; 9—10 a.m. *2nd Friday of the month*

No appointment needed. 12-hour fast required. Donations accepted.

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, June 10; 9—10 a.m.

FREE Hearing Screenings and FREE Hearing Aid Cleanings

Call 322-3630 for appointment. Donations accepted.

CHOLESTEROL SCREENING

Sponsored by Consultants Lab of Agnesian HealthCare

Lipid Panel + Glucose screening

Tuesday, May 10; from 8:30—11 a.m.

2nd Tuesday in May & November

Cost: \$25; Call 322-3630 for appointment. 12-hour fast required

FOOT CARE (ROUTINE NAIL CARE) - Cost \$25

Sponsored by FDL County Health Department

Thursday, May 12, 19, 26; June 16, 23, 30

Call 322-3630 for an appointment.

MASSAGE, REFLEXOLOGY, IRIS, LASER THERAPY

Renee Waters, Certified Massage Therapist & Naturopath;

Owner of Country Doctor

Tuesday, May 24; 10 a.m.—2 p.m.

Usually 4th Tuesday of the month

Cost: \$20 for 30 minute session; call 322-3630 for appointment.

VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

Tuesday, May 10; from 8:30 — 11 a.m.

2nd Tuesday in May & November Cost: \$45. Call 322-3630 for appointment.

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

Thursday, May 26; 6:30—8:00 p.m. *(4th Thursday)*

Fond du Lac Senior Center, 151 E. First Street ~ Room 4

DIABETIC SUPPORT GROUP

Tuesday, May 17; 4:00—5:00 p.m. *(3rd Tuesday)*

Aurora Health Care Center, 210 American Drive

~ American Room

PARKINSON'S SUPPORT GROUP

Monday, May 9; 10:00—11:00 a.m. *(2nd Monday)*

Aurora Health Care Center, 210 American Drive ~ American Room

PROSTATE CANCER SUPPORT GROUP

Tuesday, May 10; 8:30 a.m. *(2nd Tuesday of the month)*

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Dr.



Cardio Drumming Mondays 3—4 p.m.

8 classes for \$24
Give us a try!
Your first class is free!

Cardio drumming brings the fun back into fitness! Drumming classes provide effective workouts for every fitness level. Pounding drumsticks on exercise balls and clinking them overhead to music releases stress and is a great full-body workout.

One of the best reasons to drum is that anyone can do it...there is no wrong or right way to drum. Just come and have fun!

Purchase a punch card good for 8 classes for \$24.
Call 322-3630 for details!



Outdoor Pickleball May 17 at 10:00 a.m. McDermot Park

Come play pickleball at the McDermot Park courts on May 17th. Please call the Center at 322-3630 to sign up, then meet at the McDermot Park courts to play. Bring your pickleball paddle and ball.

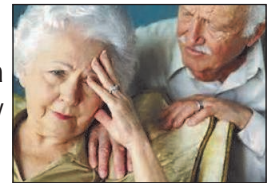
Thank you to our Walking to Memphis Sponsors!

- All About Life Rehab Center
- Generations Home Care and Hospice
- Harbor Haven Health and Rehabilitation
- Lake View Place
- Lutheran Homes and Health Services
- Manor Care



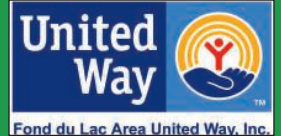
Dementia Care Training—Friday, June 24 at 1:00 p.m.

The Waterford at Oshkosh will be at the FDL Senior Center offering dementia care training for individuals that want to learn more about dementia and/or how to interact with people with dementia. See page 8 for more details.



Senior Outreach Program

Reaching Out – Touching Lives



The best feeling of HAPPINESS is when you're happy because you've made somebody else happy.



Community Cares



Volunteers will visit **All About Life Rehabilitation Center, 115 E. Arndt Street, Fond du Lac, Tuesday, May 24, 2:00 to 3:00 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer. **Volunteers can be any age.**

If you would like to participate or have questions, call 322-3630. Sharing an hour of your time can make a difference in the life of a senior.

Caring Companions and Friends Pizza Social

Friday, May 20 at 11:00 a.m.

Caring Companions and their friends are invited to come to this pizza social. Please sign up by calling 322-3630.



Senior Outreach Program

Outreach volunteers will meet on **Thursday, May 5 at 9:00 a.m.** to submit reports, share concerns and encourage each other. During this meeting we will also provide continuing education and work on team and resource building.




The Senior Outreach Program is funded in part by:

Friends of the Fond du Lac Senior Center
Fond du Lac County Department of Community Programs
Fond du Lac Area United Way; Fond du Lac Area Foundation

May



Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:00 MPTC Computer Basics 2 9:00 Ladies Golf Organizational Meeting at Oakgreen with Golfing afterwards 1:00 Euchre 1:00 German Club 1:00 Poker 1:15 Sheephead 3:00 Cardio Drumming 5:30 FDL Artists Association	3 8:00 Skat 9:00 AARP Board Meeting 9:00 Tai Chi 10:00 Hiking 10:00 Acrylic & Oil Painting Class 10:00 Singing 10:00 Happy Travelers Team Meeting 12:30 Bridge 1:00 MPTC-Excel Basic 1:00 Bingo Sponsored by Lutheran Home 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:00 Mixed Media Art Class 6:00 Woodworkers at Horace Mann 6:30 Senior Dining-Schreiners Social at 5:30	4 8:30 SCAMP 9:00 Hand Chimes 9:00 MPTC-Computer Basics 2 9:30 Ladies Golf League-Oakgreen 9:45 Video Chair Exercise 11:00 Clown Troop 12:00 Hand & Foot 12:00 Canasta 1:00 Recreational Sheephead 1:15 Sheephead 1:30 Aging Mastery Program 2:00 Umbrella Brigade at All About Life 7:30 Wed Night Dance	5 9:00 Senior Outreach 9:00 Hand Chimes 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 12:00 ROMEO's—Rolling Meadows 12:30 Bridge 1:00 Flying Geese Quilters 1:00 Tech Tyme 1:00 Golf Lessons with Jeff Kemp At Oakgreen 5:45 TOPS #0566 6:00 Country Line Dancing 6:00 Chartasties Scrapbook Club	6 10:00 Red Hat Chorus 1:00 Dominoes 1:00 Memories Writers Group 1:15 Sheephead 10:00-6:00 Brat Fry at Piggy Wiggly 7 Saturday 10:00-12:00 Make and Take Personalized Photo Coasters 10:00 Beg. Country Line Dance 10:00-6:00 Brat Fry at Piggy Wiggly 8 Sunday 6:00 Model Railroad
9 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:00 MPTC-Computer Basics 3 9:30 Ladies Golf League-Oakgreen 1:00 Euchre 1:00 German Club 1:00 Poker 1:15 Sheephead 3:00 Cardio Drumming 6:30 FDL Area Writers Club	10 8:00 Skat 8:30 Cholesterol & Vitamin D Testing 8:30 Yoga 9:00 Tai Chi 10:00 Hiking 10:00 Bike Ride at Rolling Meadows 10:00 Acrylic & Oil Painting Class 10:00 Singing 12:30 Bridge 1:00 MPTC-Excel Basic 1:00 Bingo Sponsored by Manor Care 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:00 Mixed Media Art Class 6:00 Winnebago Woodworkers 6:00 Coin Club 6:30 Senior Dining-Sunset on the Water	11 8:30 SCAMP 9:00 Hand Chimes 9:00 MPTC-Computer Basics 3 9:30 Ladies Golf League-Oakgreen 9:45 Video Chair Exercise 12:00 Hand & Foot 1:00 Recreational Sheephead 1:15 Sheephead 1:30 Aging Mastery Program 3:30 Sewing Class 7:30 Wed Night Dance	12 9:00 Foot Care 9:00 Hand Chimes 8:00 MPTC-Connecting on Facebook 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 12:30 Movie—"The Monuments Men" 12:30 Bridge 1:00 Golf Lessons with Jeff Kemp 1:30 Finding Your Way Home 1:00 Tech Tyme 5:45 TOPS #0566 6:00 Country Line Dancing 7:00 Sunset Stitches Happy Travelers Trip-Fireside Theatre "Sister Act"	13 9:00 Health Screenings 10:00 Red Hat Chorus 12:00 Red Hat Uno Game Day 1:00 Dominoes 1:00 Memories Writers Group 1:00 Cribbage Informational Meeting 1:15 Sheephead 10:00-6:00 Brat Fry at Piggy Wiggly 14 Saturday 10:00 Beg. Country Line Dance 10:00-6:00 Brat Fry at Piggy Wiggly 15 Sunday 10:00-6:00 Brat Fry at Piggy Wiggly 1:30 Singing Class Concert at American Legion
16 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:00 MPTC-Computer Basics 3 9:30 Book Club 9:30 Ladies Golf League-Oakgreen	17 8:00 AARP Driver's Safety 8:00 Skat 8:30 Yoga 9:00 Tai Chi 10:00 Hiking	18 8:30 SCAMP 9:00 MPTC-Computer Basics 4 9:30 Ladies Golf League-Oakgreen 9:45 Video Chair Exercise 10:00 Hand Chimes @ Adeclaira	19 9:00 Foot Care 9:00 MPTC-Intro to Twitter 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge	20 10:00 Red Hat Chorus 11:00 Senior Outreach Caring Companions and Friends Pizza Social 1:00 Dominoes

<p>10:00 Pickle Ball at McDermott Park</p> <p>1:00 Euchre 1:00 German Club 1:00 Poker 1:15 Sheephead 3:00 Cardio Drumming</p>	<p>12:00 Acrylic & Oil Painting Class</p> <p>12:30 Bridge</p> <p>1:00 Game Day/Information Meeting</p> <p>1:00 Bingo Sponsored by ResCare HomeCare</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing & Watercolor Class</p> <p>3:00 Mixed Media Art Class</p> <p>6:00 Winnebago Woodworkers at Horace Mann High School</p> <p>6:30 Senior Dining-Fat Joe's Social at 5:30</p> <p>Happy Travelers Trip leaves for Chicago</p>	<p>10:45 Handchimes @ Woodlands #87</p> <p>12:30 Bridge</p> <p>1:00 Tech Tyne</p> <p>1:00 Golf Lessons with Jeff Kemp At Oakgreen</p> <p>1:00 When I'm 65</p> <p>3:00 AARP to follow When I'm 65</p> <p>3:00 Disaster Readiness</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>6:00 Chartastics Scrapbook</p>	<p>1:00 Memories Writers Group</p> <p>1:00 Presentation by Author, Gary Beyer-"Inspiration Hope in the Face of Life Altering Circumstances"</p> <p>1:15 Sheephead</p> <p>21 Saturday</p> <p>9:00-2:00 Gift Shop Open and Rummage Sale and Brat Fry</p> <p>10:00 Beg. Country Line Dance</p> <p>5:00 Supper Club-Bubblitz's Social 5:00, Dinner 5:30</p>	<p>23</p> <p>8:00 Newsletter Assembly</p> <p>9:00 Low Impact Chair Exercise</p> <p>9:00 Woodcarving Club</p> <p>9:00 MPTC-Computer Basics 4</p> <p>9:30 Ladies Golf League-Oakgreen</p> <p>1:00 Euchre</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>3:00 Cardio Drumming</p>	<p>24</p> <p>8:00 Skat</p> <p>8:30 Yoga</p> <p>9:00 Tai Chi</p> <p>10:00 Hiking</p> <p>10:00 Acrylic & Oil Painting Class</p> <p>10:30 Massage</p> <p>12:30 Bridge</p> <p>1:00 Bingo Sponsored by Hospices Adv</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing & Watercolor Class</p> <p>2:00 Community Cares @ All About Life</p> <p>3:00 Mixed Media Art Class</p> <p>6:00 Winnebago Woodworkers at Horace Mann High School</p> <p>6:30 Senior Dining-Paddy's Social at 5:30</p>	<p>25</p> <p>8:30 SCAMP</p> <p>9:00 Hand Chimes</p> <p>9:00 MPTC-Computer Basics 4</p> <p>9:30 Ladies Golf League-Oakgreen</p> <p>9:45 Video Chair Exercise</p> <p>11:00 Clown Troop</p> <p>12:00 Hand & Foot</p> <p>1:00 Recreational Sheephead</p> <p>1:15 Sheephead</p> <p>1:30 Aging Mastery Program</p> <p>7:30 Wed Night Dance</p>	<p>26</p> <p>9:00 Foot Care</p> <p>9:00 Hand Chimes</p> <p>9:00 MPTC-Internet Security/Your Computer</p> <p>10:00 Hiking</p> <p>10:00 Beginning Bridge</p> <p>12:30 Movie-"The Monuments Men"</p> <p>12:30 Bridge</p> <p>1:00 Golf Lessons with Jeff Kemp At Oakgreen</p> <p>1:00 Tech Tyne-Last day until Fall</p> <p>1:00 SALT/TRIAD</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>6:30 Alzheimer's Support Group</p>	<p>27</p> <p>9:00 Friends Board</p> <p>9:00 Hot Weather Health Awareness</p> <p>10:00 Red Hat Chorus</p> <p>1:00 Dominoes</p> <p>1:00 Memories Writers Group</p> <p>1:15 Sheephead</p> <p>28 Saturday</p> <p>29 Sunday</p>	<p>30</p> <p>CENTER CLOSED</p> <p>Happy Memorial Day!</p> <p>Thank you to all our soldiers who have given at themselves for our freedom!</p>	<p>31</p> <p>8:00 Skat</p> <p>8:30 Yoga</p> <p>9:00 Tai Chi</p> <p>9:45 Flying Geese Quilting Club</p> <p>10:00 Hiking</p> <p>12:30 Bridge</p> <p>1:00 Bingo</p> <p>1:00 Stitchery Group</p> <p>6:00 Winnebago Woodworkers at Horace Mann High School</p> <p>6:30 Senior Dining-Sebastian's Social at 5:30</p>	<p>LET'S DO LUNCH!</p> <p>The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday-Friday at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is required by calling 929-3937 at least one day in advance by 1 p.m. Menus are available at the front desk or our website: fdlseniorcenter.com</p> <p>Senior Dining</p> <p></p> <p>Fellowship, Food & Fun</p>	<p>OFFSITE SUPPORT GROUPS</p> <p>5/9 10:00 Parkinson's Support Group- Aurora Health Care</p> <p>5/10 8:30 Prostate Cancer Support Group-Rolling Meadows Family Restaurant</p> <p>5/17 4:00 Diabetic Support Group at Aurora Health Care Center</p> <p>** All Orange Events are held Offsite</p> <p>Billiard Room open daily for open Pool. Pool League starts in Sept.</p>
--	---	---	--	---	---	---	---	---	---	---	--	--

Dine Out Books are available for purchase as well as Kwik Trip Gift Cards. Don't forget to renew your Friend's Membership

Gift Shop is Open Monday-Friday 10-4; Thursdays 4-7 and the 3rd Saturday 10-2

Classes

WE'VE GOT CLASS! REGISTER NOW!



MORAINÉ
PARK
TECHNICAL COLLEGE



The Fond du Lac Senior Center is proud to partner with MPTC to bring you these classes. The classes, set up through Moraine Park Technical College and held at the Senior Center, are taught at a relaxed pace and are open to ALL ages.

HOW TO REGISTER: Register at MPTC in person (use the C-1 Entrance) or by phone at 922-8611. Classes often fill fast—early registration is recommended!

Today, web-savvy seniors are embracing email, blogs and the whole world of information at their fingertips. In fact, people over 60 are the fastest growing segment of computer and internet users. Join them! If you don't know how to use a computer or want to enhance your skills, these classes are for you! There's nothing like the Web for keeping people connected. Don't let the world pass you by!

MPTC BASIC & RECREATIONAL COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS/ WEEK	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
----------	-----	------	---------------	------	---------------	------------	------------	------------

COMPUTER BASICS 3

***Each student is required to bring a jump drive to class**

103-490-31002	M, W	May 9, 11, 16, 2016	3 days	9:00 a.m.—Noon	9 hours	J. Brueggemann	\$4.50	\$36.60
---------------	------	---------------------	--------	----------------	---------	----------------	--------	---------

Learn to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics 1 and 2. Text book optional.

COMPUTER BASICS 4

***Each student is required to bring a jump drive to class**

103-491-31003	M, W	May 18, 23, 25, 2016	3 days	9:00 a.m.—Noon	9 hours	J. Brueggemann	\$4.50	\$36.60
---------------	------	----------------------	--------	----------------	---------	----------------	--------	---------

Explore in-depth concepts of computer software and hardware. This advanced computer basics course builds upon the knowledge and application technique skills learned in Computer Basics for Beginners 1, 2 and 3. Text book optional.

INTRODUCTION TO TWITTER

103-683-30788	R	May 19, 2016	1 day	9:00—11:00 a.m.	2 hours	S. Markfort	\$12.53	\$15.20
---------------	---	--------------	-------	-----------------	---------	-------------	---------	---------

You see it everywhere: on television, in commercials and on websites. But what is a hashtag? This class will walk you through the basics of Twitter from setting up an account, making a “tweet,” learning how to “follow” someone and finally get your own followers. Other topics will include how to link Twitter to your Facebook account, using Twitter for fun and business, and alternatives to the standard Twitter interface.

INTERNET SECURITY/YOUR COMPUTER

103-657-31004	R	May 26, 2016	1 day	9:00—11:00 a.m.	2 hours	S. Markfort	\$20.55	\$25.90
---------------	---	--------------	-------	-----------------	---------	-------------	---------	---------

Protect your computer, your data and your online accounts from hackers. Explore various types of malware threats and the use of protection software. Learn to schedule regular computer system maintenance and keep your computer clean and free from risks and threats.

CONNECTING ON FACEBOOK

103-679-30917	R	May 12, 2016	1 day	8:00 a.m.—Noon	4 hours	M. Aleithe	\$20.55	\$25.90
---------------	---	--------------	-------	----------------	---------	------------	---------	---------

Now that you have a Facebook account, you will want to connect with your family and friends, upload pictures, understand newsfeeds, and more. We'll teach you how to find friends and share your favorite photos with others.

Art & Recreation Classes

15

Several art and recreational classes are offered at the Senior Center. Registration for these classes is required—register at the front desk. Payment is expected at that time and can be made with cash or check made payable to *Friends, Inc.*

Class	Day	Time	Cost
Acrylic & Oil Painting	Tuesdays	10—noon	\$16 for 4 class punch card
May 3, 10, 17, 24; June 7, 14, 21, 28			
Drawing & Watercolor	Tuesdays	1-3 p.m.	\$16 for 4 class punch card
May 3, 10, 17, 24; June 7, 14, 21, 28			
Mixed Media	Tuesdays	3-4:30 p.m.	\$16 for 4 class punch card
May 3, 10, 17, 24; June 7, 14, 21, 28			
Country Line Dancing	Thursdays	6—7:30 pm	\$10 for 4 class punch card
May 5, 12, 19, 26; Jun 2, 16, 23, 30			
Beg. Country Line Dancing	Saturdays Thursdays	10:00—11:30 a.m. 9:00-10:30 a.m.	\$7.50 for 3 class punch card
May 7, 14, 21; June 16, 23, 30 (Thursday a.m. in June, July and August)			
Open Sewing Lab	Wednesdays	3:30—6:30 p.m.	\$15 for 15 hours
April 6, 13, 20, May 11, 18			
Singing	Tuesdays	10:00-11:00 a.m.	\$25 for a 6 classes
Starting again in the fall			

Keep up with Senior Center news and activities, like us on Facebook!



our SENIOR CENTER
The Online Directory of Senior Centers

NEVER MISS A NEWSLETTER!

Sign up to have our monthly senior newsletter emailed to you at www.ourseniorcenter.com

NORTHGATE SENIOR APARTMENTS
350 Winnebago St., North Fond Du Lac
CALL RHONDA AT (920) 929-9270
An Independent Living Community For 55+
-Certain Income Guidelines Apply-
1 and 2 Bedroom Apartments Available
MANAGED BY PROFESSIONAL PROPERTY MANAGEMENT



All Utilities Included (Except Electric)
Heated Underground Parking,
Senior Dining, Bingo & More

HOUSE CALLS ARE OUR SPECIALTY!
Because we care Help is on the way



923-1155
Equal Opportunity Employer

286 18th Street • Fond du Lac

- Personal Care - Short or Long Term
- Homemaker Services - Short or Long Term
- Respite Care
- Companionship

PORTLAND SQUARE APARTMENTS

NOW RENTING

LARGE ONE BEDROOM APARTMENTS FOR SENIOR AND DISABLED

Rent is 30% of your monthly adjusted income.
Convenient, Secure Location,
Professional Management
Home to Fond du Lac County Senior Meal Site
Social Service Coordinator

Call Today
920-922-2562

**55 North Portland St.
Fond du Lac, WI**



LAKE VIEW PLACE
has been recognized as
THE BEST OF 2016
BY SENIORADVISOR.COM!
Call 920-926-1100 for a tour.

Lake View Place
Senior Living

517 Luco Road
Fond du Lac, WI 54935
920-926-1100

enlivant.com

St. Charles Cemetery

A Peaceful Country Place on the Ledge

W4287 Golf Course Drive
Fond du Lac, WI 54937
921-4381 or 921-0580

Capelle & Diedrich
CONSTRUCTION
Since 1948

~ GENERAL CONTRACTOR ~
~ CONSTRUCTION MANAGEMENT ~
~ DESIGN/BUILD ~

www.capellediedrich.com
~(920) 921 7830~



The Senior Center will be closed on Memorial Day, Monday, May 30.

*The Senior Center honors
all the men and women
who have given their lives
for our county.*

AGNESIAN HEALTH SHOPPE

FOR ALL YOUR
HOME MEDICAL
AND RESPIRATORY
NEEDS.

Exceptional service and care.

Delivery available.

(920) 926-5277 • (800) 732-1313

agnesianhealthshoppe.com



Fond du Lac Karen Memorials Rock of Ages Martin

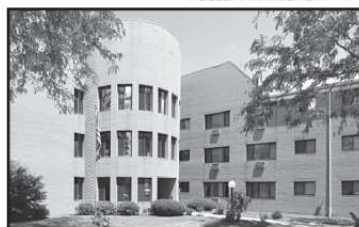
651 Fond du Lac Ave., Fond du Lac, WI 54935
(across from Haentze Floral)

(920) 922-5606

karen@milwaukee Memorials.com

Quality Monument Foundations by Ron Steffes

Now
Leasing!



Ages 62+ and/or disabled

- Nice 1 bedroom apartments
- Rent is 30% of monthly adjusted income
- All utilities included • Community Room • Elevator available
- Laundry room on each floor
- 1 pet allowed (size restrictions apply) with pet deposit
- Professional Management • Social Service Coordinator

Convenient Location

101 Western Avenue, Fond du Lac

Call or stop by today! 920-921-7298

www.meglei.com



Does Someone You Love
Need Help with Memory Care?

- Gentle Quiet Alzheimer's Support
- Small Community, Safe Residential Neighborhood
- Trained Dementia Care Specialists
- Secure, Furnished Private Rooms
- Extended Stay or Respite Care Available

www.khearts.com

Call to visit or receive information:

920-946-2295



KindredHearts of Fond du Lac • 566 Sherwood Avenue, WI 54935 • 920-924-8811



AGING & DISABILITY RESOURCE CENTER
OF
FOND DU LAC COUNTY

- *FREE INFORMATION & REFERRAL
- *DISABILITY BENEFIT SPECIALIST
- *LINKS TO ASSISTANCE FOR GUARDIANSHIPS & PROTECTIVE PLACEMENTS

- *OPTIONS COUNSELING AND LONG TERM CARE
- *INFORMATION ABOUT ELDER ABUSE/NEGLECT

MONDAY TO FRIDAY 8AM TO 4:30 PM
50 N PORTLAND STREET
FOND DU LAC, WISCONSIN

(920) 929-3466 OR 1-888-435-7335
adrc@fdlco.wi.gov



Rienzi Cemetery, Chapel & Mausoleums



Scenic, Historic, Affordable
Non Profit Since 1845

Rae Nell Halbur, Family Service Counselor
N6101 Highway K • Fond du Lac, WI 54937

920-922-4543

Email: rienzi@tds.net • www.rienzicemetery.com
Make your final resting place part of Fond du Lac History at Rienzi.

Find us on Facebook



Brown Paper Packages Gift Shop

... offering your favorite things.



FIDGET BLANKETS

Brown Paper Packages is pleased to announce we now carry fidget blankets. These handmade aprons and blankets are designed to ease anxiety and busy the restless hands of people with dementia. They are both beautiful and therapeutic! Stop in and see the many colorful designs available.



Make and Take Class Personalized Photo Coasters!

Saturday, May 7; 10 a.m. - noon

*Make a set of 4 personalized photo coasters
for only \$10.*

Weddings, grandkids, vacation memories, etc., the options are endless. All supplies provided—just bring your own photos.!

You must call 322-3630 to reserve your spot.



Monday—Friday 10 a.m.—4:00 p.m., Thursday 4—7 p.m.

3rd Saturday of each month 10 a.m.—2 p.m.

151 E. 1st Street, Fond du Lac, WI 54935 - (920) 322-3637

Open to the public— Located inside the Fond du Lac Senior Center



Programs & Activities



Ladies Golf

Mondays & Wednesdays

May 2—August 31

9:30 a.m. tee time

(please arrive 15 minutes early)

Oakgreen Par 3 Golf Course

The LPGC (Ladies Playful Golfers Club) is not a league, but rather an informal way to get together and socialize with other ladies who like golf. It's all about fun and making new friends! This club is open to any lady golfer, but you must be a member of the Fond du Lac Senior Center. You need not attend every time.

Brief Organizational Meeting

Monday, May 2; 9:00 a.m.; Oakgreen Golf Course
Golfing at 9:30 after the meeting.

Register at the Senior Center by Monday, April 25. If you have questions, please call Alice Dann at 920-753-5126. The annual LPG Club registration fee is \$5. Golf fees are payable at the golf course each time you play.



GOLF LESSONS (men and women) WITH JEFF KEMP

Thursday Afternoons in May
May 5, 12, 19, 26 at 1:00 p.m.

Rain Date: June 2

Oakgreen Par 3 Golf Course

Cost: \$32

or \$17 if you are an Oakgreen member.

Includes bucket of balls, instruction & 9 holes of golf each week. Pay at the Senior Center when you register. Friends membership is required to participate.



All About Life Rehabilitation Center
OUR SUCCESS IS A DIRECT RESULT OF YOUR SUCCESS

Serving the Fond du Lac Community
with Our Advanced Rehabilitation Unit

And Our Track Record will Prove It!

Our ARU provides a personalized approach to your recovery. That is why patients select our center for their short-stay rehabilitation needs following their pre-planned surgeries.

Our goal is to get you back home safely!

All About Life
REHABILITATION CENTER

115 East Arndt Street
Fond du Lac, WI 54935
920.923.7040
www.allaboutlifeskillednursing.com

Call to schedule a personalized tour of our Advanced Rehabilitation Unit
....helping people live better

Twohig Funeral Home
www.twohigfunerals.com

305 Fond du Lac Ave Fond du Lac 109 W. Main St. Campbellsport
920-921-0960 920-533-4422

Cost conscience funeral services from full services to cremation
Robert J. Twohig Casey W. Twohig

Above & Beyond Care SOLUTIONS LLC

Handmade Solid Wood
Caskets from \$1000 | Urns from \$100
Pine * Black Walnut
Aromatic Cedar * White Birch
Choice of Interior Color
Bob's "Crazy" Woodworking
920-238-7386
Bob Luebke FDL Senior Center Member

Home Care Services
920-933-5550
www.aboveandbeyondcaresolutions.com

<p>NOW LEASING! 50 and Better</p> <ul style="list-style-type: none"> • 1 Bedrooms • Rent based on income • Utilities Included* • Small pets welcome* <p>*some restrictions apply</p> <p>MABESS MANOR APTS. (920) 922-2019 Campbellsport, WI. EHO</p>	<p>Annen Brake Service & Auto Repair</p> <p>230 N Hickory St Fond du Lac 920-922-0840</p>	<p>JERRY TIGHE ROOFING CO. INC.</p> <p>922-7246</p>	<p>Compassus HOSPICE & PALLIATIVE CARE Serving with Heartfelt Compassion 920-922-1560 1-800-888-0803 79 N Pioneer Rd., Fond du Lac www.compassus.com</p>	<p>haverhill 6757 (920)</p> <p>CREEK CARE FACILITY 318) 397 318) 3</p> <p>Catholic Financial Life Life • Annuities • Member Benefits Steiner, FICF 385-2531</p> <p>Red Maple Smart Engines & Tool Repair</p> <p>Your Ad Here</p> <p>SUPPORT OUR COMMUNITY THROUGH LOCAL ADVERTISING</p> <p>Contact Tom Schmanski to place an ad today! TSchmanski@4LPi.com or (800) 950-9952 x2537</p> <p>WEBER INSURANCE 487-3435</p> <p>KNIGHTS OF COLUMBUS 487-9929</p>
--	--	--	--	--

SENIOR DINING

The Fond du Lac Senior Dining Group invites all men & women aged 55 and older to join them on **Tuesday nights**. The group meets weekly for dining, with cocktails beginning at 5:30 p.m. and dinner at 6:30 p.m.



May 3	Schreiner's
May 10	Sunset on the Water
May 17	Fat Joe's
May 24	Paddy's
May 31	Sebastian's

**A GREAT OPPORTUNITY TO SOCIALIZE
& MEET NEW FRIENDS!**

For information, please call Max at 920-269-4180.

Senior Dining



May 2016

Fond du Lac County Senior Dining

***The Senior Center is now serving meals
on Fridays. Come join us for lunch!***

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served **Monday—Friday at 11:45 a.m.**, lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Register for lunch by calling 929-3937 at least one day in advance before 1 p.m.



Complete menus are available at the front desk or our website: fdlseniorcenter.com and click on Services.

- Monday, May 2: Chicken Breast
- Tuesday, May 3 : Meatloaf
- Wednesday, May 4: Roast Pork Loin
- Thursday, May 5: Beef Stew
- Friday, May 6: Liver and Onions
- Monday, May 9: Beef & Pork Chop Suey over Rice
- Tuesday, May 10: Cranberry/Kraut Meatballs
- Wednesday, May 11: Baked Chicken
- Thursday, May 12: Glazed Ham
- Friday, May 13: Chop Steak in Burg/Mush Sauce
- Monday, May 16: Lasagna Casserole
- Tuesday, May 17: Country Fried Steak
- Wednesday, May 18: Chicken Marsala
- Thursday, May 19: BBQ Pork Cutlet
- Friday, May 20: Roast Beef
- Monday, May 23: Baked Chicken
- Tuesday, May 24: Meatloaf
- Wednesday, May 25: Swedish Meatballs
- Thursday, May 26: Chicken Broccoli & Rice Casserole
- Friday, May 27: Smoked Sausage
- Monday, May 30: Closed—Memorial Day
- Tuesday, May 31: Swiss Steak

- Free computer/Internet access in the lab & lobby for Friends members only
- Information or referrals on many senior citizen related topics
- Car Fit service available by appt.—you can have a perfect fit to your car
- Photo copies 10¢ each page members, 15¢ non-members; FAX send/receive; Laminating available
- Notary services are available by appointment
- Document shredder available for your use
- Income tax assistance (free) during tax season.
- Books, magazines, puzzles, videos available to borrow for FREE
- Weight scale
- Newcomer tour: call for a personal appointment or just stop in
- Magnified reader is available for the visually impaired or for reading fine print
- Telephone Reassurance Calls: (Monday—Friday)
- FDL County Department of Senior Services Dining Program. Meals are served at Senior Center Monday—Friday at 11:45 a.m. Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend. Menus are available at the front desk. Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.25 for those younger than 60.
- FDL County Department of Senior Services Benefit Specialist, Julie Hilbert, can be reached at 929-3521.

**WE
ARE
HERE
TO
HELP**

Happy Travelers

Be a Happy Traveler... *We're going places!*



-WE'RE GOING PLACES

Mary Schneider, Travel Coordinator **Call 322-3635**

Friends membership is required to travel with the Happy Travelers.
Membership is \$10 for a single and \$15 for a couple.

Reminders:

- If you would like an itinerary for a day trip, you may pick one up at the Happy Travelers office 4 weeks before the trip.
- Please bring your deposit receipt with you when making your final payment. It's very helpful and saves us time.
- Bus driver tip is included in the price of day trips.

Hot new destination for Winter 2017 . . .

TROPICAL COSTA RICA

Collette Tours
January 9—17, 2017



Lush forests and stunning waterfalls . . . Exotic wildlife and endless coastlines. . . Costa Rica is truly a slice of paradise!

Highlights include:

- ⊗ Breathtaking scenery surrounding Arenal Volcano.
- ⊗ Spot Indigenous wildlife while on a Cano Negro riverboat cruise.
- ⊗ Learn about Costa Rica's vegetation on a guided walk in the cloud forest.
- ⊗ A cooking demonstration revealing the unique flavors of Costa Rican cuisine.
- ⊗ The history of coffee at the Doka Coffee Estate.
- ⊗ Climb high into the trees for a hanging bridges tour in the cloud forest.
- ⊗ Discover the charming town of Zarcero and its whimsical topiary garden.
- ⊗ Get to know Costa Rican culture in the picturesque town of Grecia.

Stop in to learn more about
this beautiful trip!

\$2,899 double



Take a step back in time in Shipshewana!

Shipshewana, Indiana

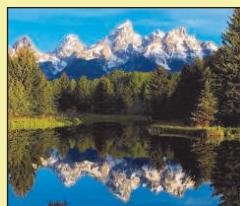
Monday, August 22—Thursday, August 25

\$439 double

3 breakfasts, 2 dinners incl.



We'll spend 3 nights at the Essenhaus Inn in Middlebury, see "Josiah for President" the new musical at the Blue Gate Theater, shop at the Shipshewana Flea Market and numerous Amish shops downtown. Go on a Brown Bag Tour where we'll see buggies being made, visit a camel farm, and more. We'll be making a stop in the Amish town of Nappanee and visit the shops of Coppes Commons.



Yellowstone & Glacier Adventure Tour

July 17—27, 2017 - 11 days!

All aboard for a cross-country rail adventure! Your tour begins in Chicago, and after a night on the rails spent gazing at the changing vistas, the train arrives at Salt Lake City. After a tour of Utah's capital city and plenty of free time to explore, we'll continue on to Jackson, Wyoming, a town straight out of the Wild West. Grand Teton, Yellowstone and Glacier National Parks are the true highlights of this 11-day tour. With at least a full day in each park, there's ample time to soak in all the natural splendor America's West has to offer before returning to Columbus, Wisconsin.

\$2,875 double

\$3,625 single



Happy Travelers

21

Be a Happy Traveler... We're going places!

Trip

Preview

Tuesday, June 14
10:00 a.m.



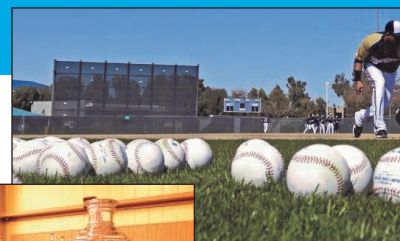
Arizona Spring Training Getaway 6 Days—March 12, 2017

Featuring 5 Nights at One Hotel in the Phoenix Area

Trip Highlights

- * Phoenix City Tour * 2 Spring Training Baseball Games
- * Hall of Flame Fire Museum * Old Town Scottsdale
- * Heard Museum of Native American Culture * Tucson Area
- * Mission San Xavier * Arizona-Sonora Desert Museum
- * Sabino Canyon Rec Area Tram Tour * Old West Farewell Dinner
- * 5 Nights at One Hotel

Booking Discount: \$2,079 pp double
Regular Rate: \$2,179 pp double
Single Supplement: +\$600



Limited seating available for these trips. Call soon to save your spot!

Day Trips

Sister Act—Fireside Theatre

Thursday, May 12; 8:15 a.m.—6:00 p.m.
\$105 meal incl.

Brewer Game

Wednesday, June 1; 10 a.m.—6:00 p.m.
\$58 Dutch treat

Maggie Mae Dinner Show—Oxford \$74 meal incl.
Thursday, June 9; 10:15 a.m.—5:00 p.m.

Cruisin' \$85 meal included

Milwaukee Art Museum, Edelweiss River Cruise
Thursday, June 23; 8:00 a.m.—6:00 p.m.

The Sky's the Limit \$38 Dutch treat at Culvers
EAA Museum and Menominee Park Zoo, Oshkosh
Tuesday, June 28; 9:30 a.m.—4:30 p.m.

Tall Ship Festival Dutch treat meal

Saturday, August 6; 8:00 a.m.—4:00 p.m.
\$40 non-sailing ticket, \$97 sailing ticket

Extended Trips

Chicago w/Diamond Tours

3 Days, Tuesday, May 17—Thursday, May 19
\$299 double

Mystery Trip

2 Days, Wednesday—Thursday, July 27—28,
\$206 double, 4 meals included

Colorado Rail Adventure w/Vacations by Rail

September 8—16, 7 Days—6 Nights
\$2,610 Double; Includes land, air and transfer

Albuquerque Balloon Fiesta w/Collette Tours

6 Day Trip; Tuesday—Sunday, October 4—9
\$2,599 per person double occupancy

Announcements

AARP MEETING



"When I'm 65"

Thursday, May 19; 1:00 p.m. (meeting to follow)

Speaker: Julie Hilbert, Benefit Specialist,

FDL County Dept. of Senior Services

Learn the various parts of Social Security and Medicare, what choices you need to make when you become eligible, and what the timelines are for those choices. See page 4 for more details.

AARP meetings are held at the Fond du Lac Senior Center every 3rd Thursday of the month at 1:30 p.m. They are free to attend and open to the public—all ages welcome. Refreshments are served. The cost to join the local AARP chapter is \$3.



Senior Center

SINGING CLASS CONCERT

Sunday, May 15; 1:30 p.m.

American Legion

500 Fond du Lac Avenue

The Fond du Lac Senior Center's singing class, along with other singing classes and students of Kathryn Staley-Hamm will be performing a **FREE CONCERT** at the Fond du Lac American Legion. Appetizers served. Open to the public. .



Looking for resources in our Community?

Dial 2-1-1 for free, confidential information and referrals, available 24/7. 2-1-1 provides easy, simple access to health and human services, gives callers and opportunity to get or give help and serves as a hub for community information in times of disaster. Dial 2-1-1 for help with: food/clothing, counseling, employment, health care, support groups, housing/shelter, legal aid, disaster services, veteran/military services.

TRIAD/SALT MEETING

(Seniors and Law Enforcement Together)

Thursday, May 26; 1:00 p.m.

Speaker: Officer Erik Foster

Topic: What to do in an active shooter situation

TRIAD meetings are held every other month at the Fond du Lac Senior Center. Meeting have a focus on public safety with a presence from the Fond du Lac police or fire department, a guest speaker, and roundtable discussion of community issues of concerns to seniors. Meeting are free to attend and open to the public—all ages welcome. Check out the TRIAD bulletin board in the hallway (across from the kitchen) for updated information on senior safety.

FDL Bird City International Migratory Bird Day

Tuesday, May 3

Friday, May 6 & Saturday, May 7

Tuesday, May 3; 6:30—8:00 p.m.

Fond du Lac Public Library

Alan Haney, author of "Jewels of Nature; Delightful Birds I have Known."

Friday, May 6 at 6:00 p.m.

Camelot Business Park, 28 Camelot Drive

Waterfowl, possibly woodcocks, song birds and bats at dusk.

Saturday, May 7 at 9:00 a.m.

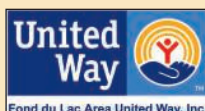
Greenway Arboretum, 55 W. Pioneer Road (west side of Pick n Save lot)

Migrant song birds, indigo buntings, kingfisher, bank swallows, Nashville warbler, ruby crowned kinglet, flicker, phoebe, red tailed hawk and more.

Saturday, May 7 at 1:00 p.m.

Lakeside Park (west of Main St. at shelter across from bathrooms)

Bird hike to follow spring migrants traveling along the Lake Winnebago shoreline. Waterfowl possibly including pelicans, cormorants, terns, yellow warbler, red-breasted grosbeak and more.



FREE PRESCRIPTION DISCOUNT CARD

Pay less for your prescriptions

- Save up to 75%. Average savings of \$20 per prescription. Your discounts are applied automatically.
- Use for every prescription. No activation required. For everyone without insurance or medicine not covered.
- Give this card to your pharmacist for immediate savings. Accepted nationwide at over 60,000 pharmacies.

Cards available at the Fond du Lac Senior Center.

For more information, visit www.familywize.org

2016 Friends Membership Application

23

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is on-going throughout the whole year. We do not share your information with any outside organization.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, Wisconsin 54935

NAME(s) (both, if couple)	
MAILING ADDRESS	APT #
CITY, STATE, ZIP	
PHONE	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
<input type="checkbox"/> I'D LIKE TO GO GREEN! <i>RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE</i>	

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

CHOICE OF SUPPORT:

☐ **\$10.00 Single** ☐ **\$15.00 Couple** (same address)

☐ **\$_____ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give **\$25** or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2016 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of the Center and is much appreciated. You will receive a 2016 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of the Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2016 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.

PLEASE CHECK: ☐ Yes, you CAN include my name when listing publicity. ☐ No, please do NOT list my name.

TOTAL ENCLOSED (Utility Donation and Friends Membership **can** be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues should be paid at the same time the required Friends membership is paid to avoid confusion. Friends membership, utility donation, and Red Hat dues **CAN** be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

FOR OFFICE USE ONLY

DATE PAID _____ CASH AMT _____ CHECK AMT _____ CHECK # _____ Receipt Given _____

☐ NEW 2016 Member ☐ Renewal Receptionist Initials _____

☐ FANTASTIC FRIENDS \$50 ☐ FABULOUS FRIENDS \$100

☐ Received Dine Out Book for Fantastic or Fabulous membership ☐ Received Happy Travelers Info

☐ Received *Among Friends* Newsletter

May 2016 Newsletter

_____ Card File

_____ Computer



Fond du Lac Senior Center

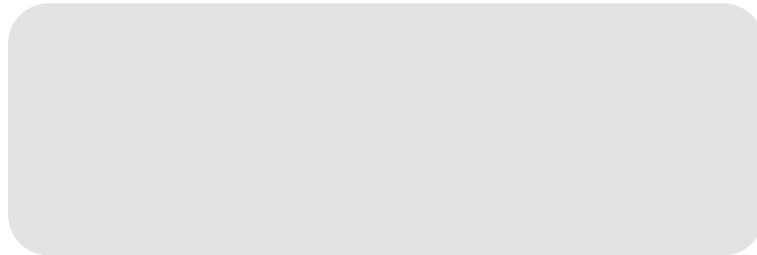
151 E. First Street
Fond du Lac, WI 54935

NON PROFIT ORG
U.S. POSTAGE

PAID

FOND DU LAC, WIS
PERMIT NO. 129

ADDRESS SERVICE
REQUESTED



FOND DU LAC SENIOR CENTER 920-322-3630

STAFF

DIRECTOR

Cathy Loomans 322-3630
cloomans@fdl.wi.gov

TRAVEL COORDINATOR

Mary Schneider 322-3635

TRAVEL COORDINATOR ASSISTANT

Vicki Wiesner 322-3633

BOOKKEEPER

Pat Heyer 322-3639

OFFICE ASSISTANT

Katie Fischer 322-3636

PROGRAM COORDINATOR

Sarah Olson 322-3641

MARKETING/FUND COORDINATOR

Joan Brezinsky 322-3640

OUTREACH/WELLNESS COORDINATOR

Sarah Olson 322-3641

GIFT SHOP COORDINATOR

Mary Otterstatter 322-3638

FRIENDS BOARD OF DIRECTORS

Kate Barr
Joanne Bunkelman
Robert Katzfey
Vickie Michels
Charlotte Nelson
Kathy Schreiber
Wally Seibel
Judi Walters

Fond du Lac Senior Center
is a member of **WASC**

Wisconsin
Association of
Senior
Centers



SENIOR CITIZEN ADVISORY COMMITTEE

Ruth Dauterman
Barbara Lukas, Chair
City Council Pres. Lee Ann Lorrigan
Charlotte Nelson
Ross Purcell
Dave Redman
John Silah

MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY

The Friends of the FDL Senior Center assume no responsibility for advertising contents, mistakes or omissions. Programs and events are subject to change or cancellation without notice. No partial sessions or refunds on classes.